

Chest Pain in 74-Yr-Old Man

Review of Systems >

History of Present Illness

A 74-yr-old man comes to the Emergency Department (ED) because of a several-month history of increasing exertional chest pain. He states that after walking a few feet he feels left-sided chest pressure that radiates down his left arm. Lately, the pain has been associated with dyspnea and nausea. The pain is relieved by rest within a few minutes. He saw his primary care physician a few days ago. At that time, he was given a prescription for sublingual nitroglycerin as a therapeutic trial and was scheduled for an outpatient stress test in a few weeks. He comes to the ED today because the episodes have been occurring more frequently and with less exertion. He says today that when he takes the sublingual nitroglycerin, it does relieve his symptoms.



Past Medical History

- **Medical history:** Hypertension that is well-controlled on drugs, chronic obstructive pulmonary disease (COPD), and osteoarthritis.
- **Surgical history:** Cholecystectomy and appendectomy.
- **Medications:** Vitamin D, amlodipine 5 mg/day, and fluticasone/salmeterol inhaler. As-needed drugs: albuterol inhaler, tiotropium inhaler, and sublingual nitroglycerin (SLNG).
- **Allergies:** No known drug allergies.
- **Family history:** No history of early myocardial infarction (MI) or stroke in first-degree relatives.
- **Social history:** Attorney working long, stressful hours. Former cigarette smoker with a 40-pack/-year history. He quit 1 year ago. No alcohol or IV drug use. No recent long air flights or travel outside the United States. He is separated from his wife.

(if you want to read more and see test results, go to

<https://www.msmanuals.com/professional/pages-with-widgets/case-studies>)

What is the main problem?

- A. Sudden chest pain today
- B. Chronic chest pain that is getting worse
- C. Pain after an accident

Match information

- | | |
|--------------------------|---------------------------------------|
| 1. Pain location → | a) dyspnea and nausea |
| 2. Associated symptoms → | b) occurs with less exertion |
| 3. Relief → | c) left chest radiating to arm |
| 4. Recent change → | d) improves with rest / nitroglycerin |

When does the patient feel chest pain?

- A. After walking a few feet B. Only when resting

What happens when the patient takes nitroglycerin?

- A. It relieves his symptoms B. It makes the pain worse

What does the text say about the patient's smoking?

- A. He quit smoking one year ago B. He still smokes regularly

Which surgery is mentioned in the text?

- A. Cholecystectomy B. Heart surgery

Identify the tense of these segments from the text;

“He comes to the Emergency Department because of chest pain.”

- A. Present simple B. Past simple

“He saw his primary care physician a few days ago.”

- A. Present perfect B. Past simple

“He has been experiencing chest pain for several months.”

- A. Present perfect continuous B. Present simple

“Lately, the pain has been associated with dyspnea and nausea.”

- A. Present perfect B. Past simple

“He quit smoking 1 year ago.”

- A. Present perfect B. Past simple

Quick thinking - Why do we use present simple in case reports?

- A. To describe current situations and make the case more immediate
B. To talk about finished past events

Choose the correct tenses for this segment:

Toward the end of the examination, the patient **states / stated** his chest pain **returned / has returned** and is similar to previous episodes that **have occurred / had occurred** with exertion, but the pain **is / was** now perhaps more severe.

The patient **experiences / experienced** complete relief of his chest pain after a single dose of sublingual nitroglycerin. On physical examination he no longer **have / has** tachycardia and **do not appear / does not appear** to be in distress. Cardiac monitoring now **show / shows** normal sinus rhythm. Portable chest x-ray **is obtained / obtains** and is reported as normal except for hyperinflated lung fields.

 Now, listen to this case report and choose:

When did the symptoms begin?

- A. Three days ago
- B. Three months ago

What has changed recently?

- A. The symptoms occur even at rest
- B. The symptoms are more intense

Where is the discomfort located?

- A. On the left side of the chest
- B. In the center of the chest

What does the patient do when symptoms appear?

- A. She takes medication
- B. She rests

What is true about her medical history?

- A. She has multiple chronic conditions
- B. She is generally healthy

Why did she come to the emergency department today?

- A. The symptoms were stronger and lasted longer
- B. The symptoms disappeared suddenly